

Statistics Report 15128, Fish, tuna salad

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	63.16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	187	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	782	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	16.04	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	9.26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	2.14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	9.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	1.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Magnesium, Mg	mg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Phosphorus, P	mg	178	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Potassium, K	mg	178	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Sodium, Na	mg	402	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Zinc, Zn	mg	0.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Copper, Cu	mg	0.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	41.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	2.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Thiamin	mg	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Niacin	mg	6.700	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	0.260	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1997
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1997
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	1.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

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Vitamin A, RAE	µg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	22	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	97	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lipids													
Fatty acids, total saturated	g	1.544	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	1.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.249	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	2.887	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	2.828	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	4.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	3.722	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.701	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.739	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.293	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.457	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.172	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.626	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.539	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Valine	g	0.824	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	0.967	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.467	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	0.962	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.632	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.402	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.767	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.565	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.657	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987